

## Breakfast- (6:00 am to 3:00 pm)

<b>Oatmeal &amp; Broken Wheat Porridge</b> [V] [N] <b>TF</b>	<b>44</b>
Seeds & berries with almond milk	
<b>Banana Pancakes</b> [N]	<b>48</b>
Topped with berry mascarpone mousse, honey & Maple syrup	
<b>Quinoa &amp; Coconut Pancakes</b> [N] <b>TF</b>	<b>50</b>
Organic maple syrup, berries, coconut milk & palm jaggery reduction	
<b>Huevos Rancheros</b> [N]	<b>65</b>
Corn tortilla, free range fried eggs, spicy refried beans, avocado, mint sour cream, coriander, Rocca, red tomatillos toasted cumin & paprika sprinkle	
<b>Steak &amp; Egg Florentine</b> [N]	<b>65</b>
Grain fed Black Angus beef, free range poached eggs, spinach, Hollandaise sauce & onion tomato jam on sour dough toast	
<b>The full English Breakfast</b> [N]	<b>67</b>
Eggs, beef sausage, veal bacon, sautéed mushrooms, baked beans cherry tomatoes & toast	
<b>2 Way Avocado, Scrambled Eggs &amp; Smoked Salmon Toast</b> [N]	<b>63</b>
Smashed Hass avocado, chia seeds, scrambled eggs Scottish smoked salmon, cherry tomatoes on multigrain toast	

<b>Masala Scrambled Eggs</b> [N]	<b>56</b>
Spiced scrambled eggs, served with paratha	
<b>Egg White Scramble with Asparagus &amp; Green Onions</b> [N] <b>TF</b>	<b>56</b>
Mushroom, vine tomatoes & multi-seed toast	
<b>Fruit Bowl with Greek Style Chia Yoghurt</b> [V] <b>TF</b>	<b>38</b>
Seasonal fruits, Greek style chia yoghurt & orange honey	
<b>Egg &amp; Bacon Roll</b> [N]	<b>36</b>
Turkey bacon & fried egg in a soft roll	
<b>Home Cured Salmon with Poached Eggs</b> <b>TF</b>	<b>64</b>
Free range eggs, home cured salmon, whole wheat crisp & horseradish crème fraiche	
<b>Turkish Eggs with Broken Wheat Pilaf</b> <b>TF</b>	<b>56</b>
Free-range eggs, sumac lebneh, lamb sujuk, sundried tomato pesto & pistachio dukkha	
<b>Omelet Selection</b> [N]	<b>50</b>
• Turkey ham, Cheddar cheese • Spanish omelet • Mushroom & Swiss cheese	
<b>Served with homemade hash brown potatoes, cherry tomatoes, sautéed mushrooms &amp; toast</b>	

### Breakfast Sides:

• Baked beans [V] • Grilled turkey bacon • Roasted baby potato [V] • Toasts [V]	<b>18</b>
• Smoked salmon • Chicken sausage	<b>23</b>
• Avocado	<b>26</b>

## Soups, Appetizers & Salads

\* Vegetarian options available

<b>Soup of the Day</b> [N]	<b>36</b>
May contain dairy & nuts	
<b>Tom Yum Soup</b> *	<b>38</b>
Kaffir lime & lemongrass flavored Thai soup with vegetables & chicken	
<b>Beetroot Hummus</b> [N] <b>TF</b>	<b>38</b>
Whole wheat sumac croutons & black olives	
<b>Dynamite Prawns</b> [N]	<b>50</b>
Dynamite sauce & cos lettuce	
<b>Vegetable Samosa</b> [N]	<b>32</b>
Tamarind chutney & mint chutney	

<b>Yam Kai Yang</b> [N] [GF]	<b>65</b>
Grilled chicken, lettuce, tomato, cucumber, green onions, mango & Thai chilli dressing	
<b>Sticky Lamb Spare Ribs</b> [N]	<b>54</b>
Smoked paprika, brown sugar & tamarind paste	
<b>Caesar Salad</b> [N] *	<b>50</b>
Crisp romaine, anchovies, turkey bacon, garlic croutons, parmesan shavings, quail eggs & Caesar dressing	
With grilled chicken	<b>68</b>
With grilled prawns	<b>72</b>

<b>Beans &amp; Sprout Bowl</b> [V] [N] [GF] <b>TF</b>	<b>60</b>
Black chickpeas, black eyed beans, bean sprout, red capsicum, & cucumber, raw mango, dried cranberry, toasted pine nuts & chopped romaine	
<b>Smoked Salmon with Arugula</b> [GF] <b>TF</b>	<b>67</b>
Scottish smoked salmon, arugula, cucumber ribbons, cherry tomatoes & onion rings	
<b>Santorini Farro Salad</b> [N] <b>TF</b>	<b>60</b>
Farro, beets, cucumber, red & yellow cherry tomato, red onion & feta, avocado & black olives	

## Sandwiches, Burgers & Rolls

Served with Deli Slaw &

Choice of French Fries or Sweet Fries or Side Salad

\* Vegetarian options available

<b>Chicken Quesadilla</b> [N] *	<b>78</b>
Chicken, cheese, jalapeno, bell peppers, guacamole, sour cream & pico de gallo	
<b>Lamb Donor</b> [N]	<b>78</b>
Turkish spiced lamb, Arabic pickle & homemade garlic mayo in Arabic bread	
<b>Chicken &amp; Avocado Ranch Taquito</b> [N] <b>TF</b>	<b>76</b>
Mexican spiced chicken, chunky avocado, cos lettuce, red tomatillos, cilantro & jalapeno ranch	
<b>Cheese Steak Sandwich</b>	<b>82</b>
Thinly sliced grilled steak, sautéed mushroom, onion, peppers & cheese in toasted ciabatta	

<b>Barbeque Chicken Wrap</b> [N]	<b>76</b>
Chicken tenders, celery, romaine & blue cheese dip	
<b>Crunchy Shrimp Roll</b> [N]	<b>82</b>
Crispy fried shrimps, spicy tarragon aioli, baby arugula & cabbage slaw in a hoagie roll	
<b>261 Cubanitos</b> [N]	<b>82</b>
Grilled chicken breast, roast beef, smoked turkey, Swiss cheese, pickled gherkins & yellow mustard in a ciabatta	

<b>The Els Club Sandwich</b> [N] *	<b>80</b>
Chicken breast, fried egg, turkey bacon, tomato, lettuce & Cheddar cheese in white or multigrain bread	
<b>Ernie's Burger</b> [N]	<b>82</b>
Beef burger, veal bacon, Cheddar cheese, tomato, onion & gherkins	
<b>Cottage Cheese &amp; Red Kidney Bean Burger</b> [V] [N]	<b>68</b>
Cottage cheese & red kidney bean patty with jalapeno ranch in toasted brioche	
<b>Club House Chicken Burger</b>	<b>82</b>
Crispy chicken supreme, mustard mayonnaise in brioche bun	

## Main Course

<b>Ramen Bowl</b> [N]	<b>59</b>
Chicken breast, egg noodles, green scallions, mushroom, boiled egg, peppers & bok choy in an aromatic chicken broth	
<b>Cantonese Chicken Noodles</b> [N]	<b>62</b>
Egg noodles, bean sprout & scallions	
<b>Fish &amp; Chips</b> [A]	<b>82</b>
Mushy peas, tartar sauce, malt vinegar & thick cut fries	
<b>Garlic, Parmesan &amp; Herb Crusted Salmon</b> [N]	<b>110</b>
Asparagus tips, sun dried tomatoes, avocado - lime sauce vierge with olives & baby potatoes	
<b>Black Cod</b> [N]	<b>145</b>
Honey & soya glazed roasted black cod served with butter tossed asparagus	
<b>Lamb Dum Biryani</b> [N] [GF]	<b>86</b>
Diced lamb simmered with yoghurt & spices layered with saffron flavored basmati rice served with pomegranate raita	
<b>Lemon &amp; Garlic Charred Prawns</b> [N] [GF]	<b>116</b>
Coriander pesto, confit tomatoes, olive caponata & saffron risotto	
<b>Grilled Chicken Supreme</b> [N] <b>TF</b>	<b>88</b>
Herb & mustard marinated chicken supreme, brown rice, steamed broccoli, bok choy & avocado salsa	
<b>Thai Green Curry</b> [N] [GF]	<b>84</b>
Choice of vegetables or chicken served with steamed rice	
<b>Shrimp &amp; Beef Chorizo Rigatoni</b> [N]	<b>88</b>
Baby spinach, chili flakes, cherry tomato, basil, shrimps & beef chorizo	
<b>Chicken Tikka Masala</b> [N]	<b>84</b>
Chicken tikka simmered in a rich tomato & cashewnuts gravy, served with rice & paratha	
<b>Grilled Lamb Chops</b> [GF]	<b>145</b>
Mint lebneh, baby potatoes, asparagus tips & bell peppers	
<b>Nasi Goreng</b> [N]	<b>84</b>
Prawn & sambal fried rice, chicken satays, fried egg & achar	
<b>Steak &amp; Guinness Pie</b> [A]	<b>80</b>
Beef cube roll braised with Guinness, served in a puff pastry shell with thick cut fries	
<b>Beer Braised BBQ Short Ribs</b> [A] [N]	<b>88</b>
Garlic mash, baby greens & pan gravy	
<b>Grilled Steaks</b> [N]	<b>154</b>
Fillet U.S. Ribeye U.S.	<b>134</b>
Served with sautéed vegetables, chips   fries & au jus	

### Side Orders [V]

<b>Sautéed garden vegetables</b>	<b>28</b>
<b>Sautéed baby spinach</b>	<b>28</b>
<b>Mashed potato</b>	<b>28</b>
<b>French fries</b>	<b>22</b>
<b>Sautéed mushrooms</b>	<b>28</b>
<b>Sweet potato fries</b>	<b>24</b>
<b>Onion rings</b>	<b>22</b>
<b>Mesclun salad</b>	<b>26</b>
<b>Garlic bread</b>	<b>26</b>

### Desserts

<b>Nutella Cheese Cake</b> [N]	<b>38</b>
<b>Bread &amp; Peanut Butter Pudding</b> [N]	<b>38</b>
<b>Peanut Butter Brownie</b> [N]	<b>38</b>
<b>Sticky Toffee Pudding</b> [N]	<b>40</b>
<b>Mud cake</b> [N]	<b>40</b>
<b>Fresh fruit platter</b> [GF]	<b>36</b>
<b>Choice of ice cream</b> [N]	<b>19</b>
Two scoops	

**TroonFIT** Dishes under 500 calories Spicy [A] Alcohol [N] Nuts [V] Vegetarian [GF] Gluten free  
• Prices are in UAE Dirham & inclusive of 10% Municipality fee, 10% Service Charge & 5% Value Added Tax (VAT)  
• Please notify our service associate if you have any food allergies or specific dietary requirements